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Shields

USEABLE PLANTS

of the

Central Nevada Area



Adapted by Ken^{NETH} Genz from D.R. Kirk's
"Wild and Edible Plants of the Western
United States". Naturegraph Pub.,
Healdsburg, California 1970.

The information in this pamphlet has
been gathered from a variety of sources
including both Folklore and American
Indian Lore. The use of these natural
products should be considered in light
of the sources.

Bark:

- Curlleaf Mountain-mahogany (Cercocarpus ledifolius Nutt.)
- Willow (Salix L. spp.)
- Fremont Cottonwood (Populus fremontii S. Wats.)

Berries:

Boiled -

- Gooseberry (Ribes L. spp.)
- Whitebark Raspberry (Rubus leucodermis Dougl.)
- Utah Serviceberry (Amelanchier utahensis Koehne)
- Silver Buffaloberry (Shepherdia argentea (Pursh) Nutt.)
- Elderberry (Sambucus caerulea Raf.)
- Snowberry (Symphoricarpos Duhamel spp.)
- Starry Solomon Plume (Smilacina stellata (L.) Desf.)

Dried and/or ground -

- Utah Serviceberry (Amelanchier utahensis Koehne)

Dried and/or stored -

- Utah Serviceberry (Amelanchier utahensis Koehne)
- Silver Buffaloberry (Shepherdia argentea (Pursh) Nutt.)

Raw -

- Juniper (Juniperus L. Spp.)
- Creeping Barberry (Berber's repens Lindl.)
- Gooseberry (Ribes L. spp.)
- Whitebark Raspberry (Rubus leucodermis Dougl.)
- Utah Serviceberry (Amelanchier utahensis Koehne)
- Silver Buffaloberry (Shepherdia argentea (Pursh) Nutt.)
- Skunkbush Sumas (Rhus trilobata Nutt.)
- Snowberry (Symphoricarpos Duhamel. spp.)

Beverages:

Juices -

- Saltbush (Atriplex L. spp.)
- Silver Buffaloberry (Shepherdia argentea (Pursh) Nutt.)
- Skunkbush Sumas (Rhus trilobata Nutt.)

Teas -

- Douglas-fir (Pseudotsuga menziesii (Mirb.) Franco)
- Common Horehound (Marrubium vulgare L.)
- Curlleaf Mountain-mahogany (Cercocarpus ledifolius Nutt.)
- Clover (Trifolium L. spp.)
- Fireweed (Epilobium angustifolium L.)
- Snowbush Ceanothus (Ceanothus velutinus Dougl.)
- Sweetanice (Osmorhiza occidentalis (Nutt.) Torr.)
- Catchweed Bedstraw (Galium aparine L.)

Breads and Cakes:

- Juniper (Juniperus L. spp.)
- Buttercup (Ranunculus L. spp.)
- Knotweed (Polygonum L. spp.)
- Goosefoot (Chenopodium L. spp.)
- Utah Serviceberry (Amelanchier utahensis Koehne)
- Marijuana (Cannabis sativa L.)
- Biscuitroot (Lomatium Raf. spp.)
- Edible Valerian (Valerians edulis Nutt.)
- Arrowleaf Balsamroot (Balsamorhiza sagittata (Pursh) Nutt.)

Breads and Cakes (Con't.):

Sunflower (Helianthus annuus L.)
Common Cattail (Typha latifolia L.)
Bulrush (Scirpus L. spp.)
Quackgrass (Agropyron repens (L.) Beauv.)
Wildrye (Elymus L. spp.)
Indian Ricegrass (Oryzopsis hymenoides (Roem. & Schult.)
Ricker)

Bulbs:

Boiled -

Spring Beauty (Claytonia umbellata S. Wats)
Purplespot Fritillary (Fritillaria atropurpurea Nutt.)
Sego Lily (Calochortus nuttallii Torr.)
Wild Onion (Allium L. spp.)

Dried and/or ground -

Sego Lily (Calochortus nuttallii Torr.)

Raw -

Spring Beauty (Claytonia umbellata S. Wats.)
Purplespot Fritillary (Fritillaria atropurpurea Nutt.)
Sego Lily (Calochortus nuttallii Torr.)
Wild Onion (Allium L. spp.)

Roasted -

Spring Beauty (Claytonia umbellata S. Wats.)
Purplespot Fritillary (Fritillaria atropurpurea Nutt.)
Sego Lily (Calochortus nuttallii Torr.)

Steamed -

Sego Lily (Calochortus nuttallii Torr.)
Wild Onion (Allium L. spp.)

Candy:

Prickly-pear (Opuntia Mill. spp.)
Common Horehound (Marrubium vulgare L.)
Woods Rose (Rosa woodsii Lindl. var. ultramontana (S. Wats.) Jeps.)
Echinocactus (Echinocactus polyancistrus Engelm. & Bigel.)

Cereals:

Crabgrass (Digitaria sanguinalis (L.) Scop.)

Chewing Gum:

Curlycup Gumweed (Grindelia squarrosa (Pursh) Dunal)
Rose Pussytoes (Antennaria rosea Greene)
Goatsbeard (Tragopogon dubius Scop.)

Emergency:

Prickly-pear (Opuntia Mill. spp.)
Willow (Salix L. spp.)
Bulrush (Scirpus L. spp.)
Echinocactus (Echinocactus polyancistrus Engelm. & Bigel.)
Fremont Cottonwood (Populus fremontii S. Wats)

Flour and Meal:

Juniper (Juniperus L. spp.)
Mormon-tea (Ephedra L. spp.)
Buttercup (Ranunculus L. spp.)
Lewis Flax (Linum lewisii Pursh)

Flour and Meal (Con't.):

Whitestem Blazing-star (Mentzelia albicaulis Dougl.)
Princesplume (Stanleya Nutt. spp.)
Thickstem Wildcabbage (Caulanthus crassicaulis (Torr.) A. Wats.)
Tansymustard (Descurainia Webb & Berth. spp.)
Sheperds Purse (Capsella bursa-pastoris (L.) Medic.)
Knotweed (Polygonum L. spp.)
Goosefoot (Chenopodium L. spp.)
Nuttall Monolepis (Monolepis nuttalliana (Schult.) Greene)
Saltbush (Atriplex L. spp.)
Amaranth (Amaranthus L. spp.)
Redwool Plantain (Plantago eriopoda Torr.)
Utah Serviceberry (Amelanchier utahensis Koehne)
Black Medick (Medicago lupulina L.)
Willow (Salix L. spp.)
Marijuana (Cannabis sativa L.)
Wild Caraway (Perideridia bolanderi (A. Gray) A. Nels. & Macbr.)
Biscuitroot (Lomatium Raf. spp.)
Edible Valerian (Valeriana edulis Nutt.)
Arrowleaf Balsamroot (Palsamorhiza sagittata (Pursh) Nutt.)
Sunflower (Helianthus annuus L.)
Tarweed (Madia gracilis (Smith) Keck)
Shore Arrowgrass (Triglochin maritima L.)
Sego Lily (Calochortus nuttallii Torr.)
Common Cattail (Typha latifolia L.)
Bulrush (Scirous L. spp.)
Fowl Mannagrass (Glyceria striata (Lam.) A.S. Hitchc.)
Common Reed (Phragmites communis Trin.)
Quackgrass (Agropyron repens (L.) Beauv.)
Beardless Wildrye (Elymus triticoides Buckl.)
Alkali Sacaton (Sporobolus airoides (Torr.) Torr.)
Indian Ricegrass (Oryzopsis hymenoides (Roem. & Schult.) Ricker)
Crabgrass (Digitaria sanguinalis (L.) Scop.)
Singleleaf Pinyon (Pinus monophylla Torr. & Frem.)

Flowers and Buds:

Boiled and/or Brewed -

Buttercup (Banunculus L. spp.)
Prickly-pear (Opuntia Mill. spp.)
Showy Milkweed (Asclepias speciosa Torr.)
Woods Rose (Rosa woodsii Lindl. var. ultramontana (S. Wats.) Jeps.)
Snowbush Ceanothus (Ceanothus velutinus Dougl.)
Biscuitroot (Lomatium Raf. spp.)
Common Dandelion (Taraxacum officinale Weber)
Fremont Cottonwood (Populus fremontii S. Wats.)

Dried and/or Brewed -

Prickly-pear (Opuntia Mill. spp.)
Clover (Trifolium L. spp.)

Fried -

Prickly-pear (Opuntia Mill. spp.)

Flowers and Buds (Con't.):

Raw -

Prickly-pear (Opuntia Mill. spp.)
Showy Milkweed (Asclepias speciosa Torr.)
Wyoming Paintbrush (Castilleja linariaefolia Benth.)
Woods Rose (Rosa woodsii Lindl. var. ultramontana (S. Wats.) Jeps.)
Fremont Cottonwood (Populus fremontii S. Wats.)

Steamed -

Prickly-pear (Opuntia Mill. spp.)

Fruits:

Boiled -

Prickly-pear (Opuntia Mill. spp.)
Oceanspray (Holodiscus boursieri (Carr.) Rehd.)

Dried and/or ground -

Prickly-pear (Opuntia Mill. spp.)
Big Sagebrush (Artemisia tridentata Nutt.)

Raw -

Prickly-pear (Opuntia Mill. spp.)
Woods Rose (Rosa woodsii Lindl. var. ultramontana (S. Wats.) Jeps.)
Bastard Toadflax (Comandra pallida A. DC.)
Big Sagebrush (Artemisia tridentata Nutt.)
Oceanspray (Holodiscus boursieri (Carr.) Rehd.)

Stewed -

Prickly-pear (Opuntia Mill. spp.)
Woods Rose (Rosa woodsii Lindl. var. ultramontana (S. Wats.) Jeps.)
Chokecherry (Prunus virginiana L.)

Grains:

Beardless Wildrye (Elymus triticoides Buckl.)

Greens:

Boiled -

Buttercup (Ranunculus L. spp.)
Alfileria Storkabill (Erodium cicutarium (L.) L'Her.)
Princesplume (Stanleya Nutt. spp.)
Thickstem Wildcabbage (Caulanthus crassicaulis (Torr.) S. Wats.)
Tansymustard (Descurainia Webb & Perth. spp.)
Watercress (Nasturtium officinale R. Br.)
Bittercress (Cardamine breweri S. Wats.)
Miner's Lettuce (Montia perfoliata (D. Donn) Howell)
Prickly-pear (Opuntia Mill. spp.)
Dock (Rumex L. spp.)
Knotweed (Polygonum L. spp.)
Goosefoot (Chenopodium L. spp.)
Nuttall Monolepis (Monolepis nuttalliana (Schult. Greene)
Saltbush (Atriplex L. spp.)
Amaranth (Amaranthus L. spp.)
Showy Green Gentian (Frasera speciosa Dougl.)
Ballhead Watercalf (Hydrophyllum capitatum Dougl.)

Greens (Con't.):

Boiled -

Branching Phacelia (Phacelia ramosissima Dougl.)
Speedwell (Veronica L. spp.)
Stonecrop (Sedum L. spp.)
Clover (Trifolium L. spp.)
Slim Stinging Nettle (Urtica dipica L. var. procera (Muhl.) Wedd.)
Fireweed (Epilobium angustifolium L.)
Biscuitroot (Lomatium Raf. spp.)
Arrowleaf Balsamroot (Balsamorhiza sagittata (Pursh) Nutt.)
Thistle (Cirsium Adans. spp.)
Goatsbeard (Tragopogon dubius Scop.)
Common Dandelion (Taraxacum officinale Weber)
Starry Solomon Plume (Smilacina stellata (L.) Desf.)
Common Cattail (Typha latifolia L.)
Common Reed (Phragmites commun's Trin.)
Desert Trumpet Eriogonum (Eriogonum inflatum Torr. & Frem.)

Raw -

Pepperweed (Lepidium L. spp.)
Watercress (Nasturtium officinale R. Br.)
Miner's Lettuce (Montia perfoliata (D. Donn) Howell)
Ballhead Waterleaf (Hydrophyllum capitatum Dougl.)
Clover (Trifolium L. spp.)
Common Dandelion (Taraxacum officinale Weber)
Common Cattail (Typha latifolia L.)
Desert Trumpet Eriogonum (Eriogonum inflatum Torr. & Frem.)

Roasted -

Dock (Rumex L. spp.)
Broomrape (Orobanche L. spp.)

Jams and Jellies:

Creeping Barberry (Berberis repens Lindl.)
Prickly-pear (Opuntia Mill. spp.)
Mint (Mentha arvensis L. var. glabrata (Benth.) Fern.)
Gooseberry (Ribes L. spp.)
Whitebark Raspberry (Rubus leucodermis Dougl.)
Woods Rose (Rosa Woodsii Lindl. var. ultramontana (S. Wats.) Jeps.)
Chokecherry (Prunus virginiana L.)
Utah Serviceberry (Amelanchier utahensis Koehne)
Silver Buffaloberry (Shepherdia argentea (Pursh) Nutt.)
Elderberry (Sambucus caerulea Raf.)

Juices:

Refer back to Beverages.

Mush:

Juniper (Juniperus L. spp.)
Tansymustard (Descurainia Webb & Berth. spp.)
Knotweed (Polygonum L. spp.)
Goosefoot (Chenopodium L. spp.)
Wild Caraway (Perideridia bolanderi (A. Gray) A. Nels. & Macbr.)

Mush (Con't.)

Bulrush (Scirpus L. spp.)

Indian Ricegrass (Oryzopsis hymenoides (Roem. & Schult.) Ricker)

Nuts:

Raw - Roasted -

Singleleaf Pinyon (Pinus monophylla Torr. & Frem.)

Oils:

Lewis Flax (Linum lewisii Pursh)

Sunflower (Helianthus annuus L.)

Tarweed (Madia gracilis (Smith) Keck)

Pickles:

Buttercup (Ranunculus L. spp.)

Starry Solomon Plume (Smilacina stellata (L.) Desf.)

Common Reed (Phragmites communis Trin.)

Pies and Cobblers:

Creeping Barberry (Berberis repens Lindl.)

Dock (Rumex L. spp.)

Gooseberry (Ribes L. spp.)

Whitebark Raspberry (Rubus leucodermis Dougl.)

Chokecherry (Prunus virginiana L.)

Skunkbush Sumas (Rhus trilobata Nutt.)

Elderberry (Sambucus caerulea Raf.)

Pulp:

Cooked -

Echinocactus (Echinocactus polyancistrus Engelm. & Begel.)

Dried and/or Stored - Raw -

Prickly-pear (Opuntia Mill. spp.)

Roots:

Baked -

Bulrush (Scirpus L. spp.)

Boiled -

Buttercup (Ranunculus L. spp.)

Miner's Lettuce (Montia perfoliata (D. Donn) Howell)

Dock (Rumex L. spp.)

Knotweed (Polygonum L. spp.)

Showy Green Gentian (Frasera speciosa Dougl.)

Showy Milkweed (Asclepias speciosa Torr.)

Ballhead Waterleaf (Hydrophyllum capitatum Dougl.)

Silverweed Cinquefoil (Potentilla anserina L.)

Clover (Trifolium L. spp.)

Evening-primrose (Oenothera L. spp.)

Wild Caraway (Perideridia bolanderi (A. Gray) A. Nels. & Macbr.)

Sunflower (Helianthus annuus L.)

Thistle (Cirsium Adans. spp.)

Goatsbeard (Tragopogon dubius Scop.)

Pondweed (Potamogeton L. spp.)

Starry Solomon Plume (Smilacina stellata (L.) Desf.)

Common Cattail (Typha latifolia L.)

Rein Orchid (Habenaria Willd. spp.)

Roots (Con't.):

Boiled -

Common Reed (Phragmites communis Trin.)

Dried and/or Ground -

Biscuitroot (Lomatium Raf. spp.)

Edible Valerian (Valeriana edulis Nutt.)

Common Cattail (Typha latifolia L.)

Bulrush (Scirpus L. spp.)

Quackgrass (Agropyron repens (L.) Beauv.)

Dried and/or Stored -

Wild Caraway (Perideridia bolanderi (A. Gray) A. Nels. & Machr.)

Raw -

Buttercup (Ranunculus L. spp.)

Knotweed (Polygonum L. spp.)

Showy Green Gentian (Frasera speciosa Dougl.)

Broomrape (Orobanche L. spp.)

Silverweed Cinquefoil (Potentilla anserina L.)

Sunflower (Helianthus annuus L.)

Thistle (Cirsium Adans. spp.)

Common Cattail (Typha latifolia L.)

Common Reed (Phragmites communis Trin.)

Stewed -

Sweetanice (Osmorhiza occidentalis (Nutt.) Torr.)

Common Dandelion (Taraxacum officinale Weber)

Salads:

Alfileria Storksbill (Erodium cicutarium (L.) L'Her.)

Pepperweed (Lepidium L. spp.)

Watercress (Nasturtium officinale R. Br.)

Bittercress (Cardamine breweri S. Wats.)

Miner's Lettuce (Montia perfoliata (D. Donn) Howell)

Dock (Rumex L. spp.)

Knotweed (Polygonum L. spp.)

Redwool Plantain (Plantago eriopoda Torr.)

Showy Green Gentian (Frasera speciosa Dougl.)

Ballhead Waterleaf (Hydrophyllum capitatum Dougl.)

Common Monkey Flower (Mimulus guttatus DC.)

Speedwell (Veronica americana Schw.)

Stonecrop (Sedum L. spp.)

Small-burnet (Sanguisorba minor Scop.)

Woods Rose (Rosa woodsii Lindl. var. ultramontana (S. Wats.) Jeps.)

Fireweed (Epilobium angustifolium L.)

Arrowleaf Balsamroot (Balsamorhiza sagittata (Pursh) Nutt.)

Seeds:

Cooked -

Nuttall Monolepis (Monolepis nuttalliana (Schult.) Greene)

Showy Milkweed (Asclepias speciosa Torr.)

Gianthyssop (Agastache urticifolia (Benth.) Kuntze)

Biscuitroot (Lomatium Raf. spp.)

Fowl Mannagrass (Glyceria striata (Lam.) A.S. Hitchc.)

Common Reed (Phragmites communis Trin.)

Seeds (Con't.):

Dried and/or Ground -

Buttercup (Panunculus L. spp.)
Lewis Flax (Linum lewisii Pursh)
Whitestem Blazing-star (Mentzelia albicaulis Dougl.)
Princesplume (Stanleya Nutt. spp.)
Thickstem Wildcabbage (Caulanthus crassicaulis (Torr.) S. Wats.)
Tansymustard (Decurainia Webb & Berth. spp.)
Sheperds Purse (Capsella bursa-pastoris (L.) Medic.)
Prickly-pear (Opuntia Mill. spp.)
Knotweed (Polygonum L. spp.)
Goosefoot (Chenopodium L. spp.)
Nuttall Monolepis (Monolepis nuttalliana (Schult.) Greene)
Salbush (Atriplex L. spp.)
Redwool Plantain (Plantago eriopoda Torr.)
Black Medic (Medicago lupulina L.)
Marijuana (Cannabis sativa L.)
Wild Caraway (Perideridia bolanderi (A. Gray) A. Nels. & Macbr.)
Biscuitroot (Lomatium Raf. spp.)
Edible Valerian (Valeriana edulis Nutt.)
Arrowleaf Balsamroot (Balsamorhiza sagittata (Pursh) Nutt.)
Tarweed (Madia gracilis (Smith) Keck)
Big Sagebrush (Artemisia tridentata Nutt.)
Bulrush (Scirpus L. spp.)
Fowl Mannagrass (Glyceria striata (Lam.) A.S. Hitchc.)
Common Reed (Phragmites communis Trin.)
Alkali Sacaton (Sporobolus airoides (Torr.) Torr.)
Indian Ricegrass (Oryzopsis hymenoides (Roem. & Schult.) Ricker)
Crabgrass (Digitaria sanguinalis (L.) Scop.)

Raw -

Pepperweed (Lepidium L. spp.)
Knotweed (Polygonum L. spp.)
Amaranth (Amaranthus L. spp.)
Showy Milkweed (Asclepias speciosa Torr.)
Gianthyssop (Agastache urticifolia (Benth.) Kuntze)
Clover (Trifolium L. spp.)
Biscuitroot (Lomatium Raf. spp.)
Edible Valerian (Valeriana edulis Nutt.)
Tarweed (Madia gracilis (Smith) Keck)
Big Sagebrush (Artemisia tridentata Nutt.)
Bulrush (Scirous L. spp.)
Alkali Sacaton (Sporobolus airoides (Torr.) Torr.)
Indian Ricegrass (Oryzopsis hymenoides (Roem. & Schult.) Ricker)

Roasted -

Lewis Flax (Linum lewisii Pursh)
Broomrape (Orobanche L. spp.)
Arrowleaf Balsamroot (Balsamorhiza sagittata (Bursh) Nutt.)
Sunflower (Hellanthus annuus L.)
Tarweed (Madia gracilis (Smith) Keck)

Seeds (Con't.):

Roasted, Ground and Brewed -

Shore Arrowgrass (Triglochin maritima L.)

Seasoning -

Prickly-pear (Opuntia Mill. spp.)

Wild Caraway (Perideridia bolanderi (A. Gary) A. Nels. & Machr.)

Soups and Broths:

Pepperweed (Lepidium L. spp.)

Prickly-pear (Opuntia Mill. spp.)

Showy Milkweed (Asclepias speciosa Torr.)

Utah Serviceberry (Amelanchier utahensis Koehne)

Fireweed (Epilobium angustifolium L.)

Edible Valerian (Valeriana edulis Nutt.)

Yarrow (Achillea millefolium L. spp. lanulosa (Nutt.) Piper)

Wild Onion (Allium L. spp.)

Fowl Mannagrass (Glyceria striata (Lam. A.S. Hitchc.)

Stews:

Pepperweed (Lepidium L. spp.)

Spring Beauty (Claytonia umbellata S. Wats.)

Prickly-pear (Opuntia Mill. spp.)

Woods Rose (Rosa woodsii Lindl. var. ultramontana (S. Wats.) Jeps.)

Utah Serviceberry (Amelanchier utahensis Koehne)

Common Dandelion (Taraxacum officinale Weber)

Pondweed (Potamogeton L. spp.)

Wild Onion (Allium L. spp.)

Fowl Mannagrass (Glyceria striata (Lam.) A.S. Hitchc.)

Syrup:

Prickly-pear (Opuntia Mill. spp.)

Showy Milkweed (Asclepias speciosa Torr.)

Bulrush (Scirpus L. spp.)

Teas:

Douglas-fir (Pseudotsuga menziesii (Mirb.) Franco)

Mormon-tea (Ephedra L. spp.)

Common Horehound (Marrubium vulgare L.)

Mint (Mentha L. var. glabrata (Benth.) Fern.)

Curleaf Mountain-mahogany (Cercocarpus ledifolius Nutt.)

Clover (Trifolium L. spp.)

Fireweed (Epilobium angustifolium L.)

Snowbush ceanothus (Ceanothus velutinus Dougl.)

Biscuitroot (Lomatium Raf. spp.)

Curlycup Gumweed (Grindelia squarrosa (Pursh) Dunal)

Catchweed Bedstraw (Galium aparine L.)

Big Sagebrush (Artemisia tridentata Nutt.)

Common Dandelion (Taraxacum officinale Weber)

Shore Arrowgrass (Triglochin maritima L.)

Cliffrose (Cowania mexicana D. Don var. stansburiana (Torr.) Jeps.)

Water Supply:

Prickly-pear (Opuntia Mill. spp.)

Bulrush (Scirpus L. spp.)

Echinocactus (Echinocactus polyancistrus Engelm. & Bigel.)

Wines:

Utah Serviceberry (Amelanchier utahensis Koehne)
Elderberry (Sambucus caerulea Raf.)
Common Dandelion (Taraxacum officinale Weber)

PLANT USES OTHER THAN FOOD

Abrasives:

Horsetail, Equisetum L. spp.

Accessory Food Uses:

Sunflower, Helianthus annuus L. (oil)
Pepperweed, Lepidium L. spp. (seasoning, flavoring)
Tarweed, Madia gracilis (Smith) Keck (oil)
Mint, Mentha arvensis L. var. glabrata (Benth.) Fern. (seasoning flavoring)
Sweetanice, Osmorhiza occidentalis (Nutt.) Torr. (seasoning)
Douglas-fir, Pseudotsuga menziesii (Mirb.) Franco (Vitamin C)
Slim Stinging Nettle, Urtica dioica L. var. procera (Muhl.) Wedd. (flavoring)
Speedwell, Veronica americana Schw. (Vitamin C)

Dye Plants:

Creeping Barberry, Berberis repens Lindl.
Curlleaf Mountain-mahogany, Cercocarpus ledifolius Nutt.
Catchweed Bedstraw, Galium aparine L.
Sunflower, Helianthus annuus L.
Buttercup, Ranunculus L. spp.
Dock, Rumex L. spp.
Slim Stinging Nettle, Urtica dioica L. var. procera (Muhl.) Wedd.

Fiber Plants:

Showy Milkweed, Asclepias speciosa Torr.
Marijuana, Cannabis sativa L.
Cliffrose, Cowania mexicana D. Don var. stansburiana (Torr.) Jeps.
Catchweed Bedstraw, Galium aparine L.
Lewis Flax, linum lewisii Pursh
Common Reed, Phragmites communis Trin.
Bulrush, Scirpus L. spp.
Common Cattail, Typha latifolia L.
Slim Stinging Nettle, Urtica dioica L. var. procera (Muhl.) Wedd.

Implements:

Cliffrose, Cowania mexicana D. Don var. stansburiana (Torr.) Jeps.

Meat Tenderizer:

Showy Milkweed, Asclepias speciosa Torr.

Medicinal Plants:

Astringents -

Mormon-tea, Ephedra L. spp.

Medicinal Plants (Con't.):

Colds and Fevers -

Big Sagebrush, Artemisia tridentata Nutt.

Common Horehound, Marrubium vulgare L.

Dock, Rumex L. spp.

Digestive Troubles -

Yarrow, Achillea millefolium L. ssp. lanulosa (Nutt.) Piper

Curlycup Gumweed, Grindelia squarrosa (Pursh) Dunal

Common Horehound, Marrubium vulgare L.

Goatsbeard, Tragopogon dubius Scop.

Diuretics -

Elderberry, Sambucus caerulea Raf.

Common Dandelion, Taraxacum officinale Weber.

Emetics -

Cliffrose, Cowania mexicana D. Don var. stansburiana (Torr.) Jeps.

Eye Disorders -

Big Sagebrush, Artemisia tridentata Nutt.

Goatsbeard, Tragopogon dubius Scop.

Itching -

Curlycup Gumweed, Grindelia squarrosa (Pursh) Dunal

Laxatives -

Common Horehound, Marrubium vulgare L.

Common Dandelion, Taraxacum officinale Weber

Menstruation -

Yarrow, Achillea millefolium L. ssp. lanulosa (Nutt.) Piper

Creeping Barberry, Berberis repens Lindl.

Stimulants -

Mormon-tea, Ephedra L. spp.

Syphilis -

Mormon-tea, Ephedra L. spp.

Throat, Lungs, and Bronchial Disorders -

Curlycup Gumweed, Grindelia squarrosa (Pursh) Dunal

Common Horehound, Marrubium vulgare L.

Tonics -

Yarrow, Achillea millefolium L. ssp. lanulosa (Nutt.) Piper

Big Sagebrush, Artemisia tridentata Nutt.

Creeping Barberry, Berberis repens Lindl.

Snowbush Ceanothus, Ceanothus velutinus Dougl.

Mormon-tea, Ephedra L. spp.

Juniper, Juniperus L. spp.

Common Horehound, Marrubium vulgare L.

Mint, Mentha arvensis L. var. glabrata (Benth.) Fern.

Watercress, Nasturtium officinale R. Br.

Common Dandelion, Taraxacum officinale Weber

Clover, Trifolium L. spp.

Urinary Disorders -

Yarrow, Achillea millefolium L. ssp. lanulosa (Nutt.) Piper

Worms -

Big Sagebrush, Artemisia tridentata Nutt.

Wounds, Sores, and Bruises -

Yarrow, Achillea millefolium L. ssp. lanulosa (Nutt.) Piper

Cliffrose, Cowania mexicana D. Don var. stansburiana (Torr.) Jeps.

Medicinal Plants (Con't.):

Wounds, Sores and Bruises -

Tansymustard, Descurainia Webb & Berth. spp.

Prickly-pear, Opuntia Mill. spp.

Goatsbeard, Tragopogon dubius Scop.

Common Cattail, Typha latifolia L.

Rubber Plants:

Showy Milkweed, Asclepias speciosa Torr.

Rubber Rabbitbrush, Chrysothamnus nauseosus (Pall.) Britton

Soap Plants:

Snowbush Ceanothus, Ceanothus velutinus Dougl.

Tappins: Leather Dressings:

Dock, Rumex L. spp.

RECREATION MAP
TOiyABE NATIONAL FOREST
CENTRAL NEVADA DIVISION
UT. BIV. 60. 1000
SCALE
1 2 3 4 MILES
LEGEND

